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(54) **SHAFTS WITH PRESSURE RELIEF IN CRYOTHERAPEUTIC CATHETERS AND ASSOCIATED DEVICES, SYSTEMS, AND METHODS**

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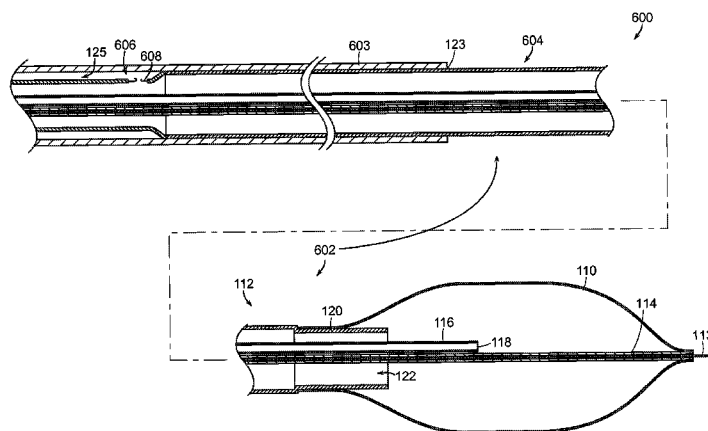
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**ABSTRACT**

Cryotherapeutic systems with features that can facilitate pressure relief in the event of exhaust-passage blockage and associated devices, systems, and methods are disclosed herein. A cryotherapeutic system configured in accordance with a particular embodiment can include an elongated shaft having a distal portion and a pressure-relief portion proximal to the distal portion. The cryotherapeutic system can further include a supply lumen, an exhaust passage, and a balloon configured to receive refrigerant from the supply lumen and to exhaust refrigerant to the exhaust passage. The pressure-relief portion can be configured to release refrigerant from the exhaust passage when a pressure of refrigerant in the exhaust passage exceeds a threshold pressure less than a pressure rating of the balloon. The pressure-relief portion, for example, can include a rupture element configured to rupture at about the threshold pressure.

**10 Claims, 6 Drawing Sheets**



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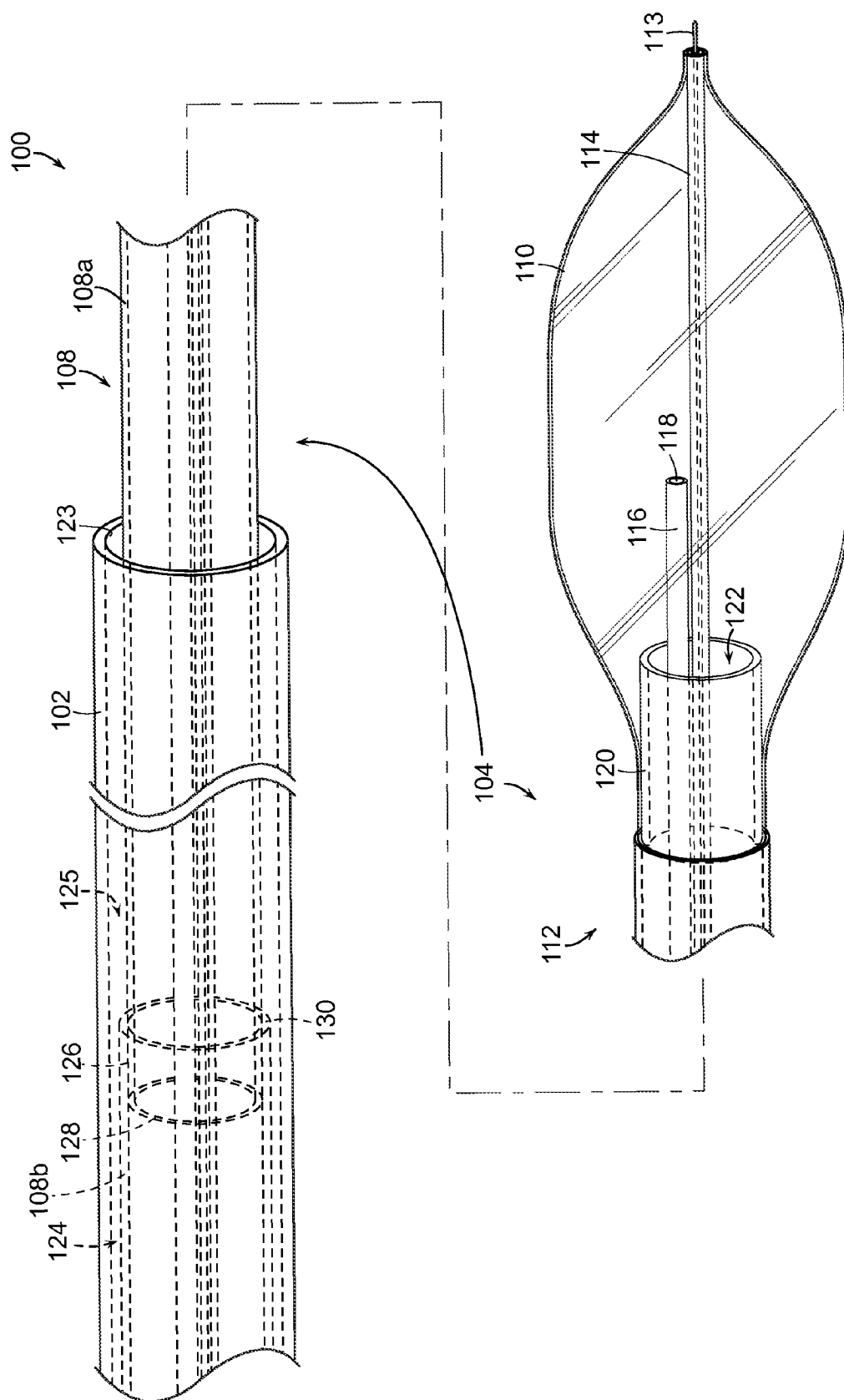


FIG. 1



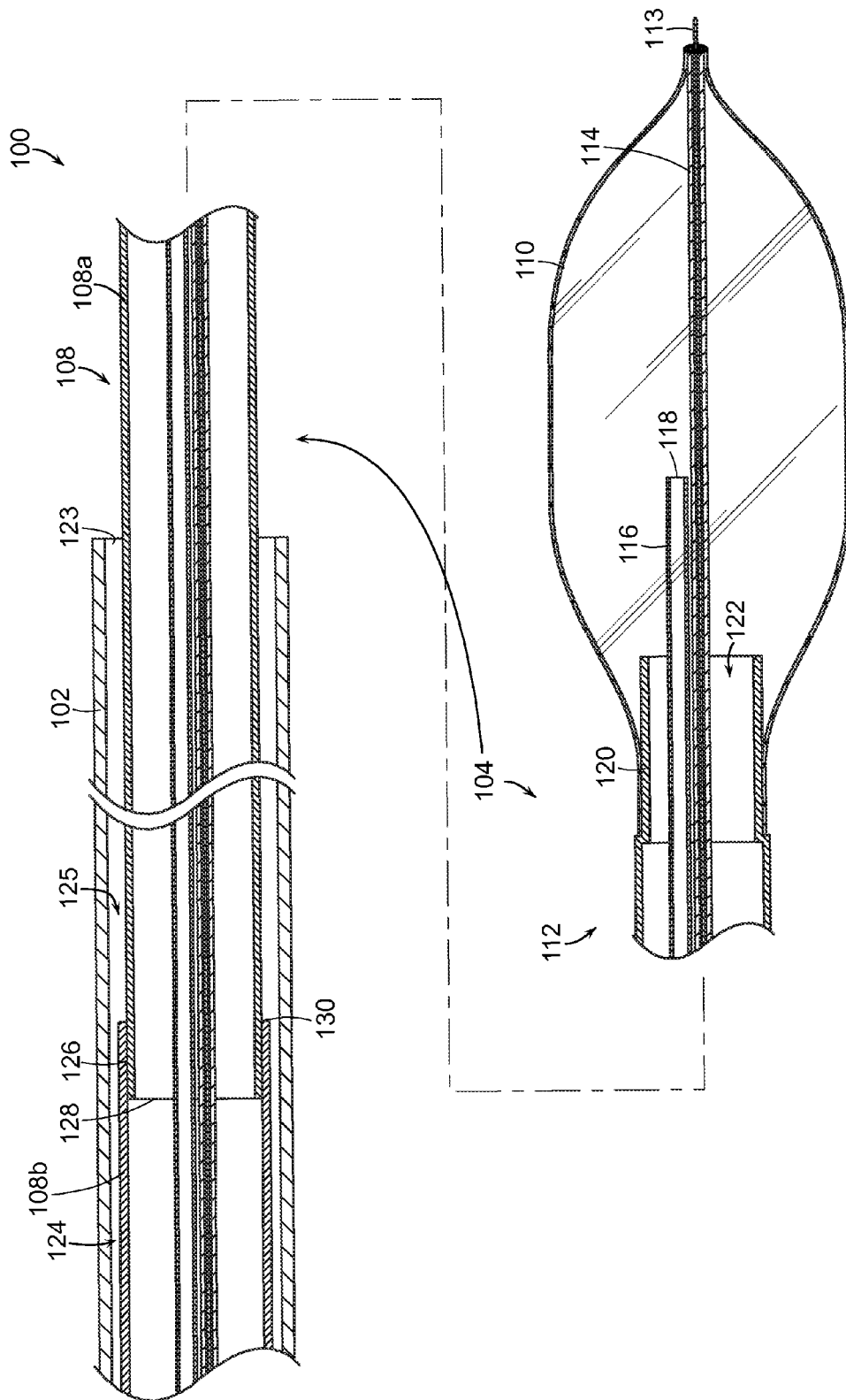


FIG. 2

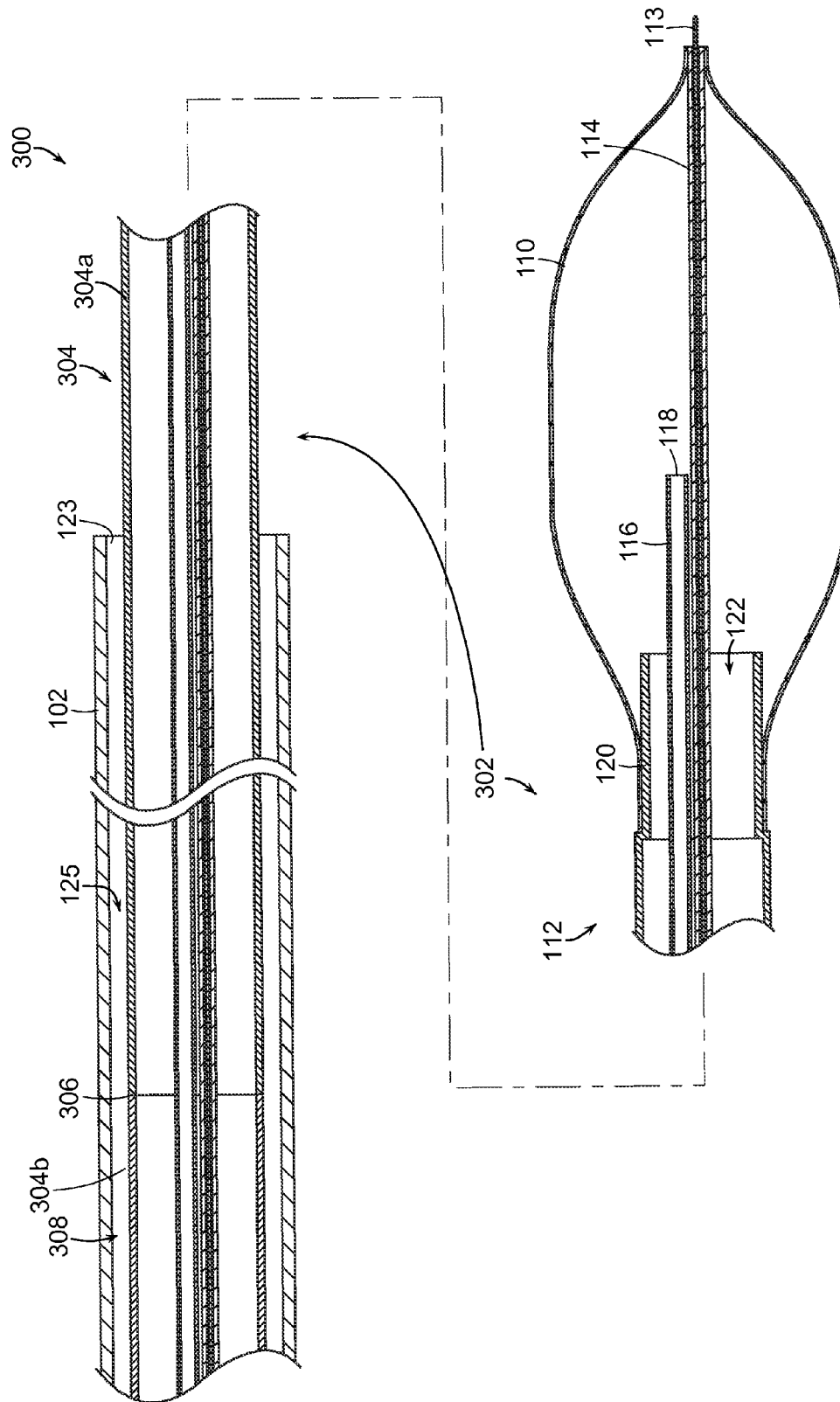


FIG. 3

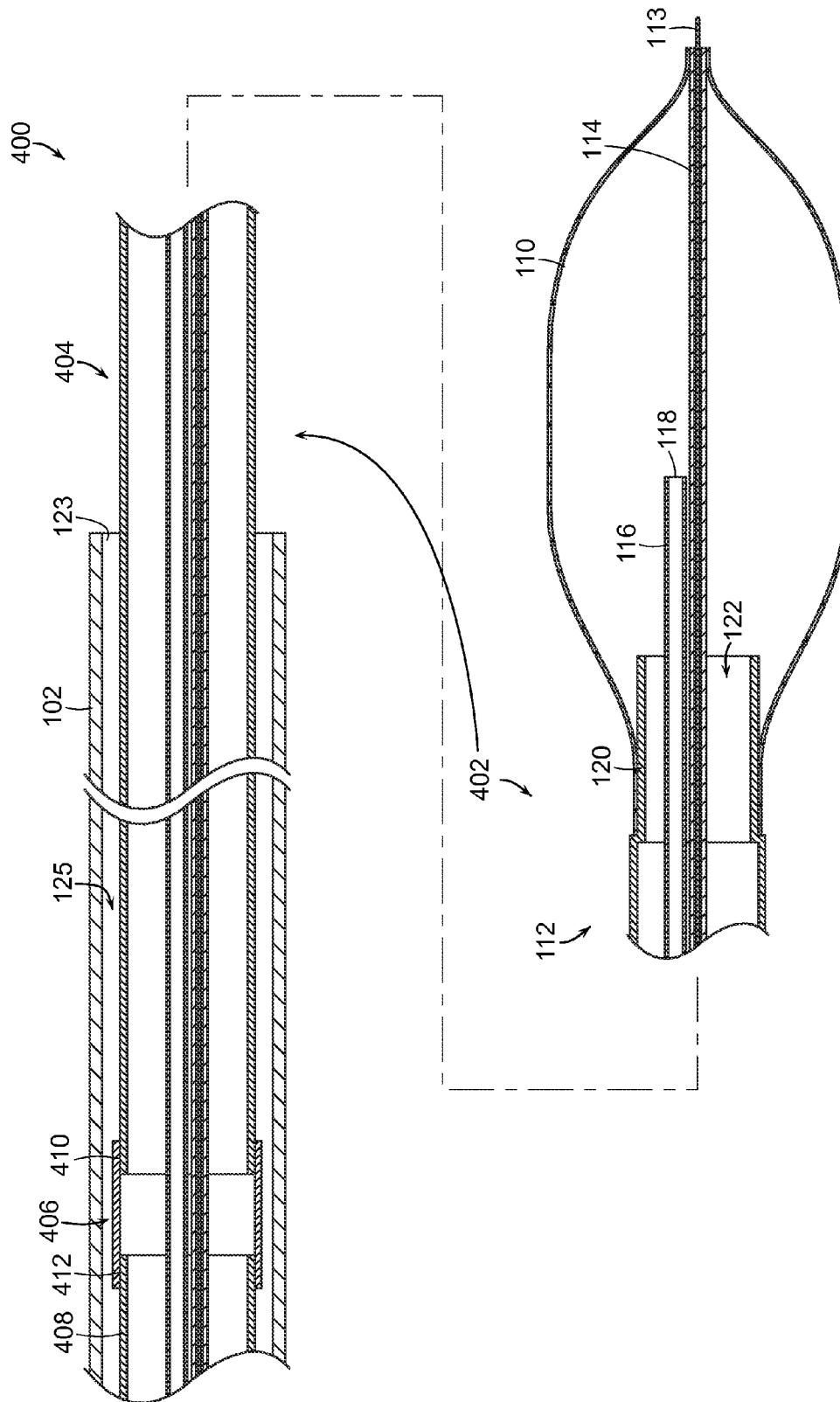


FIG. 4

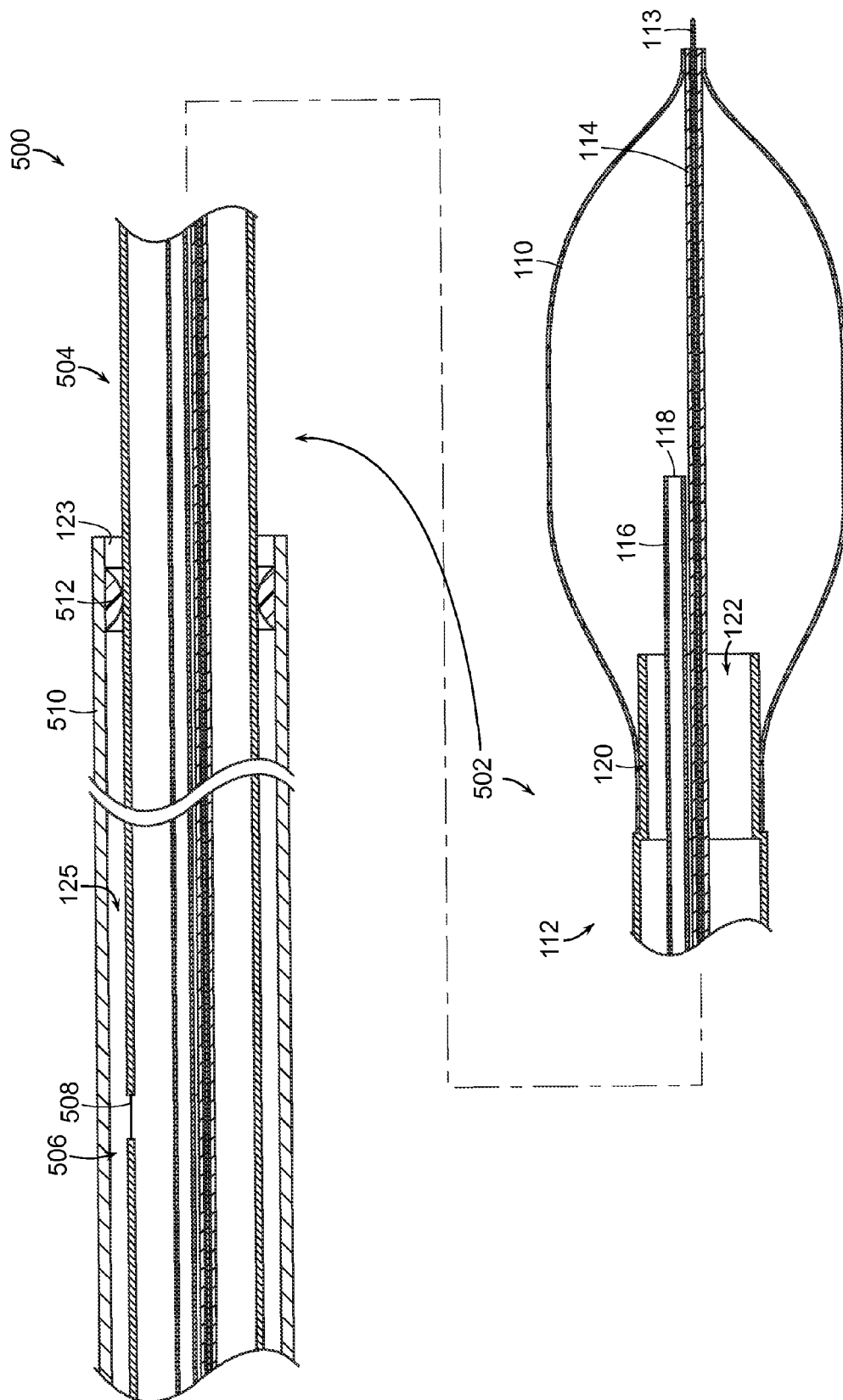


FIG. 5

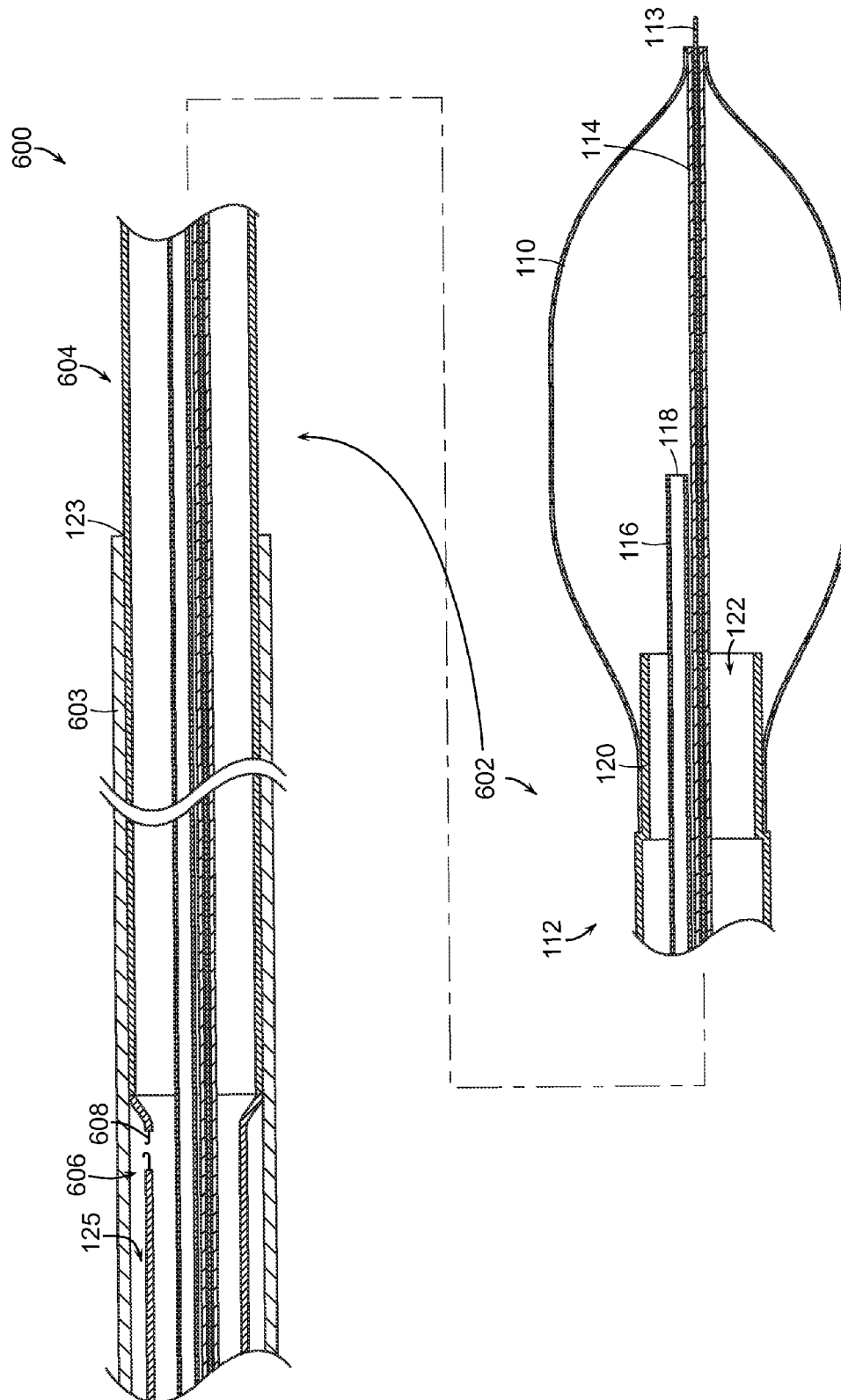


FIG. 6

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# SHAFTS WITH PRESSURE RELIEF IN CRYOTHERAPEUTIC CATHETERS AND ASSOCIATED DEVICES, SYSTEMS, AND METHODS

## TECHNICAL FIELD

The present technology relates generally to cryotherapeutic devices (e.g., cryotherapeutic catheters including balloons configured to expand within the vasculature of a patient). In particular, several embodiments are directed to shafts with pressure relief in cryotherapeutic catheters and associated devices, systems, and methods.

## BACKGROUND

Cryotherapy can be a useful treatment modality in a wide range of catheter-based interventional procedures. For example, cryotherapeutic cooling can be used to modulate nerves or affect other tissue proximate anatomical vessels and other lumens or cavities in the body. This can reduce undesirable neural activity to achieve therapeutic benefits. Catheter-based neuromodulation utilizing cryotherapy can be used, for example, to modulate nerves and thereby reduce pain, local sympathetic activity, systemic sympathetic activity, associated pathologies, and other conditions. Cryotherapy can also be used for ablating tumors, treating stenosis, and other applications. In some cryotherapeutic procedures, it can be useful to deliver cryotherapy via a balloon that can be expanded within an anatomical vessel or lumen. Such balloons can be operatively connected to extracorporeal support components (e.g., refrigerant supplies). As the applicability of cryotherapy for surgical intervention continues to expand, there is a need for innovation in the associated devices, systems, and methods (e.g., with respect to efficacy, efficiency, and/or reliability). Such innovation has the potential to further expand the role of cryotherapy as a tool for improving the health of patients.

## BRIEF DESCRIPTION OF THE DRAWINGS

Many aspects of the present disclosure can be better understood with reference to the following drawings. The components in the drawings are not necessarily to scale. Instead, emphasis is placed on illustrating clearly the principles of the present technology. Furthermore, components can be shown as transparent in certain views for clarity of illustration only and not to indicate that the illustrated component is necessarily transparent.

FIG. 1 is a perspective view illustrating a cryotherapeutic system configured in accordance with an embodiment of the present technology.

FIG. 2 is a cross-sectional view of the cryotherapeutic system of FIG. 1.

FIGS. 3-6 are cross-sectional views illustrating cryotherapeutic systems configured in accordance with additional embodiments of the present technology.

## DETAILED DESCRIPTION

Specific details of several embodiments of the present technology are described herein with reference to FIGS. 1-6. Generally, unless the context indicates otherwise, the terms “distal” and “proximal” within this description reference a position relative to a refrigerant source, an operator, and/or an entry point into a patient. For ease of reference, throughout this disclosure identical reference numbers are used to iden-

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tify similar or analogous components or features, but the use of the same reference number does not imply that the parts should be construed to be identical. Indeed, in many examples described herein, the identically numbered parts are distinct in structure and/or function.

In cryotherapeutic procedures, it can be desirable to apply cooling with high selectivity. Reducing cooling of non-targeted structures and tissue can enhance cooling efficiency and reduce complications. Although both high-pressure refrigerants and low-temperature refrigerants are potentially useful for cryotherapy, high-pressure refrigerants can be particularly well suited for delivering intense, targeted cooling to specific locations within the body, particularly in relatively small-diameter catheters. In many cases, the cooling potential of high-pressure refrigerants can be maintained more readily during transport through the catheter than low-temperature refrigerants. For example, a suitable strong-walled conduit can be used to convey a high-pressure refrigerant from an extracorporeal source to a delivery location at a distal end of a catheter with relatively little loss of cooling potential because the cooling action occurs upon expansion of the refrigerant at the distal end of the catheter. In contrast, as a low-temperature refrigerant moves along a catheter, it can be difficult to prevent the low-temperature refrigerant from absorbing heat from surrounding structures and tissue. Thermal insulation can be used to control such heat transfer to some extent, but adequate thermal insulation can be excessively bulky for use in modern, small-diameter catheters.

While advantageous in many respects, the use of high-pressure refrigerants can place certain constraints on catheter construction. For example, tubes configured to carry refrigerant supplies typically are constructed of metal, hard polymers (e.g., polyimides), or other suitable materials, and have wall thicknesses that allow the tubes to have pressure ratings higher than the pressures of the refrigerants they are configured to transport. After a high-pressure refrigerant undergoes expansion and cooling, its pressure can decrease dramatically. Accordingly, the catheter components that contain the refrigerant after expansion are not limited to strong-walled tubes and similar high-strength structures with pressure ratings higher than the pressures of the refrigerant before expansion. Furthermore, some cryotherapeutic procedures use balloons because they can be relatively compact when not inflated, thereby allowing for delivery through narrow anatomical vessels and lumens, and they can expand to generally conform to the size and shape of the treatment location. Balloons also can have relatively thin walls well suited for cryotherapeutic heat transfer. Thin-walled cryotherapy balloons, however, typically have relatively low pressure ratings. For example, cryotherapeutic balloons typically have pressure ratings well below the supply pressures of suitable high-pressure refrigerants.

In some embodiments of the present technology, a high-pressure refrigerant can be transported along at least a portion of the length of a catheter and then expanded to a relatively low-temperature and low-pressure state via the Joule-Thomson effect alone or in combination with evaporative cooling. The catheter can be constructed such that the expansion can occur at or near a balloon. With a sufficient pressure drop, cooling from near ambient temperatures to cryogenic temperatures can be achieved. Suitable refrigerants for pressurization and expansion in cryotherapeutic devices include, for example, N<sub>2</sub>O, CO<sub>2</sub>, and hydrofluorocarbons (e.g., Freon® refrigerant, R-410A, etc.), among others. To maintain a pressure drop within a balloon, an exhaust passage can be provided from the balloon to the atmosphere or to a low-pressure containment vessel. Since expanded refrigerant has a lower

density than high-pressure refrigerant, the exhaust passage can have a greater free-passage area than a corresponding supply lumen. During normal operation, evacuation of expanded refrigerant via the exhaust passage maintains the pressure in the balloon sufficiently below the high pressures associated with the refrigerant supply.

If the exhaust passage is blocked while the supply of high-pressure refrigerant to the balloon continues, the pressure in the balloon can build up until it equilibrates with the pressure of the supply lumen. Similarly, the pressure in the balloon can approach a lower, but still elevated, pressure if the exhaust passage becomes partially blocked. The exhaust passage can be partially or fully blocked, for example, due to an operator error (e.g., if an extracorporeal line carrying the exhaust passage becomes kinked or compressed or if a backpressure control valve is closed unexpectedly). In these and other such scenarios, it is possible that the pressure within the balloon can exceed the pressure rating of the balloon, which can be related to the pressure at which the balloon is likely to fail. Balloon failures can include, for example, bursting, leakage, excessive expansion (e.g., beyond the elastic tolerances of surrounding anatomical vessels or lumens), or combinations thereof. In some cases, the pressure rating of a balloon can correspond to a burst pressure of the balloon. It is undesirable for balloons to fail during a procedure for a number of reasons.

Cryotherapeutic devices, systems, and methods configured in accordance with embodiments of the present technology can include one or more features useful for reducing the likelihood of balloon failures (e.g., associated with excessive pressure build up within a balloon due to partial or complete blockage of an exhaust passage). For example, some embodiments can include one or more features configured to release pressure automatically when the pressure within the balloon is about to reach, reaches, or exceeds a predetermined threshold relative to the pressure rating of the balloon or another pressure level. These features can prevent or at least mitigate undesirable balloon failure.

FIGS. 1-2 are, respectively, perspective and cross-sectional views illustrating a cryotherapeutic system **100** configured in accordance with an embodiment of the present technology. The cryotherapeutic system **100** can include a guide catheter **102** and a treatment catheter **104**. As shown in FIGS. 1-2, the treatment catheter **104** can be configured for insertion into and through the guide catheter **102**. In some embodiments, the guide catheter **102** can be 8 French or smaller (e.g., 7 French, 6 French, or smaller). The guide catheter **102** can include a guide passage **125** through which the treatment catheter **104** can be axially advanced and retracted. The cryotherapeutic system **100** can further include a guide wire **113** that can facilitate introducing the guide catheter **102** and/or the treatment catheter **104** to a desired location within the vessel or lumen. For example, during a treatment procedure, the guide wire **113** can be introduced percutaneously or through a natural anatomical orifice of the patient and advanced along a suitable catheterization path. Imaging (e.g., ultrasound, fluoroscopy, or another suitable imaging modality) can be used to aid in navigating the guide wire **113**. Once in position, the guide catheter **102** can be advanced over the guide wire **113** and the treatment catheter **104** can subsequently be advanced through the guide passage **125** and over the guide wire **113**. In other embodiments, the guide catheter **102** and the guide wire **113** can be introduced simultaneously. In still other embodiments, the guide catheter **102** and the treatment catheter **104** can be configured for use without a guide wire **113**.

The treatment catheter **104** can include an elongated shaft **108** and a balloon **110** at a distal portion **112** of the shaft **108**. The shaft **108** can be configured to locate the distal portion **112** within a vessel or lumen of a human patient. The treatment catheter **104** can further include a guide lumen **114** and a supply lumen **116** extending along at least a portion of the shaft **108**, and the supply lumen **116** can have an orifice **118** within the balloon **110**. The balloon **110** can extend from a stepped-down segment **120** of the distal portion **112** to an outer surface of the guide lumen **114**. The supply lumen **116** can be configured to supply high-pressure refrigerant to the balloon **110** via the orifice **118**. The high-pressure refrigerant can change phase from a liquid to a gas within the balloon **110**, which can expand and cool the balloon **110**. The treatment catheter **104** can also have an exhaust passage **122** extending proximally from the balloon **110** along at least a portion of the shaft **108** (e.g., around the guide lumen **114** and the supply lumen **116**) to the atmosphere or an extracorporeal containment vessel (not shown). During operation, refrigerant flows to the balloon **110** through the supply lumen **116** and out of the balloon **110** via the exhaust passage **122**. The exhaust passage **122** can have a greater free-passage area than the supply lumen **116** to accommodate the lower density of expanded refrigerant relative to the high-pressure refrigerant within the supply lumen **116**.

As shown in FIGS. 1-2, the treatment catheter **104** can be configured to extend beyond a distal opening **123** of the guide catheter **102**. For example, during a treatment procedure, at least a portion of the distal portion **112** of the shaft **108** can extend beyond the distal opening **123** to locate the balloon **110** at a desired treatment location spaced apart from the distal opening **123**. When the balloon **110** is outside the guide passage **125** of the guide catheter **102**, the balloon **110** can radially expand to a diameter greater than the diameter of the guide passage **125**.

The shaft **108** can further include a pressure-relief portion **124** located proximally relative to the distal portion **112**. In some embodiments, the distal portion **112** can extend along an entire length of the treatment catheter **104** between the pressure-relief portion **124** and the balloon **110**. In other embodiments, the shaft **108** can include an intermediate portion (not shown) between the pressure-relief portion **124** and the distal portion **112**. The pressure-relief portion **124** can be configured to release refrigerant from the exhaust passage **122** (e.g., to a space in the guide passage **125** between the treatment catheter **104** and the guide catheter **102**) when a pressure of refrigerant in at least a portion of the exhaust passage **122** (e.g., a portion at or near the pressure-relief portion **124**), the balloon **110**, or both exceeds a threshold pressure. The threshold pressure, for example, can be less than a pressure rating of the balloon **110** (e.g., a pressure rating corresponding to a burst pressure of the balloon **110**).

As shown in FIGS. 1-2, the distal portion **112** can include a first segment **108a** of the shaft **108** and the pressure-relief portion **124** can include a second segment **108b** of the shaft **108**. The first and second segments **108a-b** can be attached to one another at a lap joint **126** (e.g., via compression, adhesive bonding, thermal welding, or another suitable attachment mechanism). For example, a proximal end **128** of the first segment **108a** can be within the second segment **108b** at the lap joint **126**. In other embodiments, a distal end **130** of the second segment **108b** can be within the first segment **108a** at the lap joint **126**. As shown in FIGS. 1-2, the diameter of the first segment **108a** can be less than the diameter of the second segment **108b**. Correspondingly, the free-passage area of the first segment **108a** can be less than the free-passage area of the second segment **108b**. The free-passage area of the first

segment **108a** can define the free-passage area of the overall exhaust passage **122**. Since refrigerant can warm and expand as it travels proximally along the exhaust passage **122**, the smaller free-passage area of the first segment **108a** relative to the free-passage area of the second segment **108b** can have little or no effect on flow through the exhaust passage **122**.

The lap joint **126** can provide a particularly strong connection between the first and second segments **108a-b**, but other connections can also be used. For example, FIG. **3** is a cross-sectional view illustrating a cryotherapeutic system **300** configured in accordance with an embodiment of the present technology that is similar to the cryotherapeutic system **100** shown in FIGS. **1-2**. The cryotherapeutic system **300** can include a treatment catheter **302** having an elongated shaft **304** with a distal first segment **304a** connected to a proximal second segment **304b** by a butt joint **306** in place of the lap joint **126** shown in FIGS. **1-2**. The shaft **304** can include a pressure-relief portion **308** defined by the second segment **304b** which has a diameter at least approximately equal to the diameter of the first segment **304a**. The first segment **304a** can be a component of the distal portion **112**. The butt joint **306** can be formed by adhesive bonding, thermal welding, or another suitable attachment mechanism between the first and second segments **304a-b**.

With reference to FIGS. **1-3**, in some embodiments, the distal portion **112** can have a wall strength (e.g., yield strength or ultimate tensile strength) greater than a wall strength of the pressure-relief portion **124, 308**. For example, the first segment **108a, 304a** can have a wall strength greater than a wall strength of the second segment **108b, 304b**. The wall strength of all or a portion of the pressure-relief portion **124, 308** or the second segment **108b, 304b**, for example, can be less than about 80% (e.g., less than about 60% or less than about 40%) of that of the distal portion **112** or the first segment **108a, 304a**. Different constructions and/or compositions can cause the different wall strengths. For example, the pressure-relief portion **124, 308** or the second segment **108b, 304b** can include walls that are thinner and/or made of weaker materials than walls of the distal portion **112** or the first segment **108a, 304a**. In some embodiments, the pressure-relief portion **124, 308** or the second segment **108b, 304b** can be made of polyamide and the distal portion **112** or the first segment **108a, 304a** can be made of polyimide. In other embodiments, the pressure-relief portion **124, 308** or the second segment **108b, 304b** can be made of a polyimide at a first thickness and the distal portion **112** or the first segment **108a, 304a** can be made of a polyimide at a second thickness greater than the first thickness. When the pressure-relief portion **124, 308** or the second segment **108b, 304b** is braided, the braid pattern or density can be selected to cause a wall strength lower than that of the distal portion **112** or the first segment **108a, 304a**. Similarly, when the pressure-relief portion **124, 308** or the second segment **108b, 304b** includes multiple layers, the number of layers can be selected to cause a wall strength lower than that of the distal portion **112** or the first segment **108a, 304a**. A variety of other suitable materials and configurations are also possible.

The wall strength of the pressure-relief portion **124, 308** or the second segment **108b, 304b** can be selected to cause the pressure-relief portion **124, 308** or the second segment **108b, 304b** to rupture at about the threshold pressure. Accordingly, the pressure-relief portion **124, 308** or the second segment **108b, 304b** can be sacrificial and/or otherwise configured to fail before the balloon **110** fails during a malfunction in which the pressure in the balloon **110** increases unexpectedly. Failure of the pressure-relief portion **124, 308** or the second segment **108b, 304b** can allow refrigerant to quickly flow into

the space in the guide passage **125** between the shaft **108** and the guide catheter **102**. At least a portion of the refrigerant in the space can then move proximally to a proximal opening (not shown) of the guide catheter **102**. In some embodiments, the pressure-relief portion **124, 308** or the second segment **108b, 304b** can be configured to rupture relatively rapidly. For example, the pressure-relief portion **124, 308** or the second segment **108b, 304b** can include a relatively brittle material, such as a material having an elongation at break less than about 50% (e.g., less than about 30% or less than about 20%). In other embodiments, the pressure-relief portion **124, 308** or the second segment **108b, 304b** can be configured to rupture more slowly.

In the cryotherapeutic systems **100, 300** shown in FIGS. **1-3**, it may be difficult to predict where the pressure-relief portion **124, 308** or the second segment **108b, 304a** will sacrificially release the pressure along the exhaust passage **122**. As such, it may be desirable to control the release of refrigerant at specific locations along the device. FIG. **4** is a cross-sectional view illustrating one example of a cryotherapeutic system **400** configured in accordance with another embodiment of the present technology that includes a treatment catheter **402** having a shaft **404** with a relatively short pressure-relief portion **406**. The shaft **404** can further include a proximal portion **408** proximal to the pressure-relief portion **406**, a first lap joint **410** between the distal portion **112** and the pressure-relief portion **406**, and a second lap joint **412** between the pressure-relief portion **406** and the proximal portion **408**. In other embodiments, the first and second lap joints **410, 412** can be replaced with butt joints or other suitable connections. The pressure-relief portion **406** can have a lower pressure rating than the distal portion **112**, the proximal portion **408**, and the balloon **110** such that the pressure-relief portion **406** preferentially fails at a specific location along the device.

FIG. **5** is a cross-sectional view illustrating a cryotherapeutic system **500** configured in accordance with an embodiment of the present technology having another pressure-relief configuration. The cryotherapeutic system **500** can include a treatment catheter **502** having a shaft **504** with a pressure-relief portion **506** including a rupture element **508**. In the embodiment shown in FIG. **5**, the rupture element **508** does not extend around the entire circumference of the shaft **504**. In other embodiments, the rupture element **508** can be annular and can extend around the entire circumference of the shaft **504**. The rupture element **508** can include a membrane (e.g., embedded within a wall of the pressure-relief portion **506**), a weakened (e.g., scored and/or thinned) portion of a wall of the pressure-relief portion **506**, or another suitable structure configured to break predictably in response to pressure. The rupture element **508**, for example, can be configured to rupture in response to a pressure in an adjacent portion of the exhaust passage **122** that is near or exceeds the threshold pressure. The size of the rupture element **508** can be selected to control the rate at which refrigerant is released from the exhaust passage **122** into the space in the guide passage **125**.

With reference to FIGS. **1-5**, the locations of the pressure-relief portions **124, 308, 406, 506** and/or portions thereof (e.g., the first segments **108a, 304a** of the pressure-relief portions **124, 308** and the rupture element **508** of the pressure-relief portion **506**) can be selected to control the locations where refrigerant is released into the space in the guide passage **125**. In some embodiments, the release locations can be outside vessels or lumens of patients during treatment procedures. For example, such release locations can be proximal relative to entry points into the vessels or lumens and, in some cases, proximal to proximal openings of corresponding guide



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catheters **102**. Such release locations can reduce the possibility that the refrigerant will be released into the vessels or lumens via the distal openings **123** of the guide catheters **102**. Locations closer to the balloons **110**, however, can be useful to decrease pressure differential and/or delay between the release point along the exhaust passages **122** and the balloon **110**. This can improve the responsiveness of the pressure-relief portions **124**, **308**, **406**, **506** to rapid increases in pressure within the balloon **110**. Furthermore, in some cases, the pressure-relief portions **124**, **308**, **406**, **506** may have limited effectiveness when blockages of the corresponding exhaust passages occur between the pressure-relief portions **124**, **308**, **406**, **506** and the balloon **110**. Decreasing the distance between the pressure-relief portions **124**, **308**, **406**, **506** and the balloon **110** can decrease the likelihood of such blockages. In some embodiments, the pressure-relief portions **124**, **308**, **406**, **506** can be proximally spaced apart from the balloon **110** such that the pressure-relief portions **124**, **308**, **406**, **506** are just within the corresponding guide passage **125**.

With reference again to FIG. 5, the cryotherapeutic system **500** can also include a guide catheter **510** having a flow restrictor **512** around a perimeter of the guide passage **125**. In other embodiments, the treatment catheter **502** can include the flow restrictor **512** at a position distal to the pressure-relief portion **506**. The flow restrictor **512** can be configured to reduce or prevent distal flow of released refrigerant within the guide passage **125** through the distal opening **123** and into a vessel or lumen of a patient. Instead, the path of least resistance for the released refrigerant can extend proximally through the guide passage **125** to the proximal opening of the guide catheter **510** outside the vessel or lumen. In some embodiments, the flow restrictor **512** can be at least partially annular and/or compressible and configured to conform to the shaft **504**. Furthermore, the flow restrictor **512** can be configured to reduce or prevent proximal blood flow within the guide catheter **510** in addition to reducing or preventing distal refrigerant flow. Other embodiments can include different features for reducing or preventing distal flow of released refrigerant. For example, the cryotherapeutic system **200** shown in FIG. 2 can be modified such that the second segment **108b** is within the first segment **108a** at the lap joint **126** and the distal portion **112** has a larger diameter than the pressure-relief portion **124**. This can reduce the space in the guide passage **125** around the distal portion **112** and thereby encourage flow of released refrigerant in a proximal direction. In some embodiments, refrigerant released into a vessel or lumen of a patient through the distal opening **123** can be less problematic than refrigerant release resulting from a balloon failure, thereby reducing the usefulness of the flow restrictor **512**. Furthermore, the pressure-relief portion **506** can be located closer to the proximal opening of the guide catheter **510** than to the distal opening **123** of the guide catheter **510**, which can delay or prevent refrigerant release into a vessel or lumen of a patient through the distal opening **123**.

In some embodiments the diameter of the treatment catheter **502** and/or the diameter of the guide catheter **510** can be selected to size the space therebetween in the guide passage **125**. For example, a difference between the outer diameter of the shaft **504** at and the inner diameter of the guide passage **125** can be greater than about 0.2 mm (e.g., greater than about 0.3 mm or greater than about 0.4 mm) along at least about 100 cm of the shaft **504** extending proximally from the pressure-relief portion **506**. In some cases, however, it can be useful to reduce the size of the space in the guide passage **125** in favor of increasing the size of the shaft **504**. For example, larger-diameter shafts can support greater cooling. FIG. 6 is a cross-sectional view illustrating a cryotherapeutic system **600** con-

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figured in accordance with an embodiment of the present technology and including a treatment catheter **602** and a guide catheter **603**. The treatment catheter **602** can include a shaft **604** having a pressure-relief portion **606** with a rupture element **608**. The guide catheter **603** can be smaller and/or the shaft **604** can be larger than the embodiments shown in FIGS. 1-5 to provide a relatively close fit that restricts the distal flow of refrigerant along the space in the guide passage **125**.

The pressure-relief portion **606** and portions of the shaft **604** proximal to the pressure-relief portion **606** can have a smaller diameter than the distal portion **112** such that there is more space between the proximal portion of the shaft **604** and the guide catheter **602**. This can facilitate the proximal flow of refrigerant along the space within the guide passage **125** (e.g., from a release location proximate the rupture element **608** along a generally continuous path to a proximal opening of the guide catheter **603**). The path, for example, can be greater than about 100 cm (e.g., greater than about 200 cm or greater than about 300 cm) in length and can extend proximally from the rupture element **608**. In some embodiments, the pressure-relief portion **606** can be configured to deform from a first state (not shown) in which the pressure-relief portion **606** has a diameter similar to the diameter of the distal portion **112** to a second state (shown in FIG. 6) in which the rupture element **608** is ruptured and the pressure-relief portion **606** deforms inwardly. The pressure-relief portion **606** can deform, for example, in response to pressure within the space in the guide passage **125** exceeding a threshold pressure. As shown in FIG. 6, in some embodiments, the pressure-relief portion **606** can deform generally evenly. In other embodiments, the pressure-relief portion **606** and portions of the shaft **604** proximal to the pressure-relief portion **606** can be configured to selectively deform (e.g., along a channel). Deforming can occur, for example, as a result of reversible or irreversible compression or expansion of at least a portion of a wall of the shaft **604**. For example, the shaft **604** can be at least partially elastic, folded, articulated, or otherwise configured to expand or contract in response to pressure within the guide passage **125**. In other embodiments, the shaft **604** can have general or local wall strength sufficiently low to allow the shaft **604** to deform inwardly in response to pressure within the guide passage **125**.

In some embodiments, the disclosed pressure-relief features can be redundant to other features intended to prevent balloon failures. For example, the cryotherapeutic systems shown in FIGS. 1-6 can include one or more pressure sensors (not shown) configured to monitor pressures within the balloon **110** and controllers (not shown) configured to stop refrigerant flow to the balloon **110** if the monitored pressures increase above threshold pressures. In other embodiments, the disclosed pressure-relief features can take the place of pressure monitoring. Furthermore, reducing the likelihood of balloon failure can allow for greater freedom in balloon constructions and compositions. In some embodiments, the balloon **110** can have a pressure rating less than about 400% (e.g., less than about 300% or less than about 200%) of a steady-state pressure within the balloon **110** during normal operation. This can facilitate, for example, the use of balloons **110** having thinner walls and greater elasticity.

The above detailed descriptions of embodiments of the present technology are for purposes of illustration only and are not intended to be exhaustive or to limit the present technology to the precise form(s) disclosed above. Various equivalent modifications are possible within the scope of the present technology, as those skilled in the relevant art will recognize. For example, while stages may be presented in a given order, alternative embodiments may perform stages in a

different order. The various embodiments described herein and elements thereof may also be combined to provide further embodiments. In some cases, well-known structures and functions have not been shown or described in detail to avoid unnecessarily obscuring the description of embodiments of the present technology.

Where the context permits, singular or plural terms may also include the plural or singular terms, respectively. Moreover, unless the word “or” is expressly limited to mean only a single item exclusive from the other items in reference to a list of two or more items, then the use of “or” in such a list is to be interpreted as including (a) any single item in the list, (b) all of the items in the list, or (c) any combination of the items in the list. Additionally, the terms “comprising” and the like are used throughout the disclosure to mean including at least the recited feature(s) such that any greater number of the same feature(s) and/or additional types of other features are not precluded. It will also be appreciated that various modifications may be made to the described embodiments without deviating from the present technology. Further, while advantages associated with certain embodiments of the present technology have been described in the context of those embodiments, other embodiments may also exhibit such advantages, and not all embodiments need necessarily exhibit such advantages to fall within the scope of the present technology. Accordingly, the disclosure and associated technology can encompass other embodiments not expressly shown or described herein.

We claim:

1. A cryotherapeutic system, comprising:

a guide catheter including a distal opening, a proximal opening, and a guide passage extending between the distal opening and the proximal opening;

an elongated shaft configured to move axially within the guide passage, and including a distal portion and a pressure-relief portion located proximally relative to the distal portion, the shaft configured to locate the distal portion within a vessel or lumen of a human patient;

a supply lumen extending along at least a portion of the shaft;

an exhaust passage extending along at least a portion of the shaft; and

a balloon configured to receive refrigerant from the supply lumen and to exhaust refrigerant to the exhaust passage, the balloon having a pressure rating, wherein the distal portion extends between the pressure-relief portion and the balloon, and

the pressure-relief portion is configured to rupture and thereby to release refrigerant from the exhaust passage to a space between the shaft and the guide catheter when a pressure of refrigerant in at least a portion of the exhaust passage, the balloon, or both approaches and/or exceeds a threshold pressure less than the pressure rating of the balloon.

2. The cryotherapeutic system according to claim 1, wherein the pressure-relief portion includes a rupture element configured to rupture at about the threshold pressure.

3. The cryotherapeutic system according to claim 2, wherein the rupture element includes a membrane embedded within a wall of the shaft at the pressure-relief portion.

4. The cryotherapeutic system according to claim 2, wherein the rupture element includes a weakened portion of a wall of the shaft at the pressure-relief portion.

5. The cryotherapeutic system according to claim 1, further comprising a flow restrictor configured to prevent flow of refrigerant distally from the space through the distal opening of the guide catheter.

6. The cryotherapeutic system according to claim 5, wherein the flow restrictor is at least partially annular and compressible.

7. The cryotherapeutic system according to claim 1, wherein:

the threshold pressure is a first threshold pressure, and the shaft is at least partially deformable when a pressure in the space exceeds a second threshold pressure.

8. The cryotherapeutic system according to claim 7, wherein the second threshold pressure is greater than the first threshold pressure.

9. The cryotherapeutic system according to claim 1, wherein a difference between an outer diameter of the shaft and an inner diameter of the guide passage is greater than about 0.2 mm along at least about 100 cm of the shaft extending proximally from the pressure-relief portion.

10. The cryotherapeutic system according to claim 1, wherein the guide catheter is 8 French or smaller.

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